

## **Abstract**

**Title:** The evolution of rules based on sports karate

**Objectives:** The aim of this thesis was the genesis of karate in the world from its very beginning until today. The main focus was to chart the rules of sports karate from its birth in Japan up to its expansion to the whole world and its present-day's condition; to define the process of changes in the rules and to compare them with other karate's Associations. This thesis also presents the major personalities who have contributed to the sports karate's rules.

**Methods:** The methods used in this thesis are historical research and collection of secondary data such as archive data, official documents and also virtual data. The aim was to create comprehensible evolution chart and to present key data and personalities.

**Results:** The results present the principal directions of karate which originated in Japan and also the evolution of karate's rules and their main differences in kumite among the world's karate's Associations.

**Keywords:** karate, kumite, rules, Shotokan-ryu, Goju-ryu, Shito-ryu, Wado-ryu, Kojokushinkai